**TASK ONE - NUTRITION - MULTIPLE CHOICE**

Jun 9, 2010 3:46 pm

1. NUTRITION  
   a) The process by which living organisms obtain food and use it for growth, metabolism, and repair. The stages of nutrition include ingestion, digestion, absorption, transport, assimilation, and excretion.  
   b) A vegetarian diet  
   c) Is another term for vitamins, minerals and amino acids  
     
   2) HEALTH  
   a) Is a state of when you recover from illness to wellness.  
   b) The state of being hale, sound, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain.  
   c) Prepares food for use in the body  
     
   3) METABOLISM  
   a) Level of health  
   b) The whole range of biochemical processes that occur within us (or any living organism). Metabolism consists both of anabolism and catabolism (the build-up and breakdown of substances, respectively). The term is commonly used to refer specifically to the breakdown of food and its transformation into energy.  
   c) Increase in body temperature following the consumption of food.  
     
   4) INGESTION  
   a) Prepares food for use in the body  
   b) Swallowing food  
   c) The process of taking food into the body through the mouth (as by eating)  
     
   5) DIGESTION  
   a) Is the mechanical and chemical breaking down of food into smaller components that can be absorbed into a blood stream, for instance. Digestion is a form of catabolism: a break-down of larger food molecules to smaller ones.  
   b) Intake of food  
   c) Bloating feeling in the stomach

**re: TASK ONE - NUTRITION - MULTIPLE CHOICE** [**KarenEBayne**](http://www.wikispaces.com/user/view/KarenEBayne) Jun 9, 2010 8:37 pm

1 = A  
2 = B  
3 = B  
4 = C  
5 = A  
WEll done Salli. Love what you have done!!

**re: TASK ONE - NUTRITION - MULTIPLE CHOICE** [**sisihoward**](http://www.wikispaces.com/user/view/sisihoward) Jun 10, 2010 10:13 am

1: A  
2: B  
3: B  
4: C  
5: A  
  
WELL DONE SALLY!

**TASK TWO - NUTRITION – FILL IN THE MISSING WORDS**

My \_\_\_\_\_\_was deteriorating because my \_\_\_\_\_\_ status was declining due to lack of \_\_\_\_\_ of nutrients in my body. My \_\_\_\_\_ was causing pains in my

stomach. I needed to balance my \_\_\_\_\_\_ which is a series of processes of chemical changes on a cellular level and includes both \_\_\_\_\_\_\_and \_\_\_\_\_\_ which

Builds and breaks down compounds in the body.

**TASK THREE - NUTRITION - IN YOUR OWN WORDS DEFINE THE MEANING OF THESE FIVE STAGES OF NUTRITION** Jun 10, 2010 4:42 pm

EXCRETION  
BMR  
METABOLISM  
RDA  
DIGESTION

**Re: TASK THREE - NUTRITION - IN YOUR OWN WORDS DEFINE THE MEANING OF THESE FIVE STAGES OF NUTRITION**  
[**sisihoward**](http://www.wikispaces.com/user/view/sisihoward) Jun 11, 2010 12:59 am

EXCRETION: The process of discharging waste matter from the blood, tissues or organs. The matter, such as urine or sweat, that is so.  
  
BMR: BASAL METABOLIC RATE!  
  
METABOLISM: The chemical processes occurring within a living cell or organism that are necessary for the maintenance of life.  
  
RDA: Abbreviation for the Recommended Dietary Allowance.  
  
DIGESTION: The process by which food is converted into substances that can be absorbed and assimilated by the body.

**Re: TASK THREE - NUTRITION - IN YOUR OWN WORDS DEFINE THE MEANING OF THESE FIVE STAGES OF NUTRITION**  
[**KarenEBayne**](http://www.wikispaces.com/user/view/KarenEBayne) Jun 11, 2010 11:39 pm

EXCRETION - is the process of eliminating waste products of metabolism and other non-useful materials

BMR - Basal metabolic rate

METABOLISM - The chemical processes occurring within a living cell or organism that are necessary for the maintenance of life

RDA - Recommended Daily Allowance

DIGESTION - is the mechanical and chemical breaking down of food into smaller components that can be absorbed into a blood stream